

Your Diet May Prevent Alzheimer's

from *EatSmart* by Jean Carper, USA Weekend (November 2007)

The bad news: Up to 640,000 Americans under age 65 have early onset Alzheimer's and other dementias, says the Alzheimer's Association.

The good news: what you eat may influence the onset and progression of Alzheimer's. Here's the latest:

GO MEDITERRANEAN. People who eat a Mediterranean-type diet are 40% less apt to develop Alzheimer's, say new research at Columbia University Medical Center. The Med diet is rich in fruits, nuts, legumes, whole grains, fish, wine, and olive oil-and low in red meat.

BRING ON FATTY FISH. Eating oily fish rich in DHA (a particular omega-3 fat) cuts your odds of Alzheimer's and other dementia nearly in half, say researchers from Tufts University. Salmon is especially rich in DHA.

DRINK THE RIGHT STUFF. A Vanderbilt University study finds that drinking fruit or vegetable juice at least three times a week cuts the risk of Alzheimer's 76% compared with less than once a week. Coffee drinkers are 30% less apt to get Alzheimer's than coffee abstainers, says a Spanish study. Possible reason: caffeine. In Israeli research, EGCG, the main antioxidant in green tea, helps remove Alzheimer's culprits, such as iron, from brain cells.

CONTROL WEIGHT, BLOOD SUGAR. Borderline diabetes (high blood sugar and insulin) ups risk of dementia about 70%. And people who are obese at midlife are more than three times more apt to get Alzheimer's later in life.